

# Cardio Kick Boxing

Cardio Kick Boxing is an incredible workout for adults (ages 16 and up). Using the punches of boxing, and the kicks of karate you get a workout that is second to none. Our classes are split between: rhythmic cardio, resistance training on the heavy bags, and floor work. Cardio Kick Boxing will get you into fantastic shape burning hundreds of calories and hour while you learn proper form for kicking and punching.



**Session #1** September 27 to November 20, 2004.

**Session #2** November 22 to January 15, 2005.

**Session #3** January 17 to March 12, 2005.

Our classes are offered mornings on Monday/Wednesday/Friday 9:30 – 10:30 and Saturday 8:30 – 9:30. Our 8-week session costs only \$50 for unlimited lessons. Checks made payable to “RKA Karate”. All sessions will be held at RKA Karate located in Somerville, 8 Roosevelt Place.

For more information about RKA Family Karate visit [www.somervillekarate.com](http://www.somervillekarate.com).

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

**Three ways to register!** In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday [www.bridgewaternj.gov](http://www.bridgewaternj.gov)

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\$50.00 – checks payable to “RKA Karate”

Last Name: _____		First Name: _____	Circle Gender: Male or Female
Mailing Address: _____		Town: _____	Zip: _____
Home Phone #: (     ) _____		Work Phone #: (     ) _____	
Cell Phone #: (     ) _____		E-mail Address: _____	
Circle	<b>Session #1</b>	<b>Session #2</b>	<b>Session #3</b>
Session:	<i>September 27 – November 19, 2004</i>	<i>November 19 – January 14, 2005</i>	<i>January 17 – March 12, 2005</i>

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before participating. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.



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Signature Date

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